

# Defensive Concepts

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**Most vital defense concept- Mentality (TOUGHNESS)- Coach Shyatt**

## **Edge, Worry, Try**

- Edge- Must play with an edge and urgency
- Worry- We want people that worry about making a mistake
- Try- all great defenders have tremendous effort

Mentality- on poor shooting nights, we can win because of the way we defend.

**Developing a defensive mentality requires the coach making it a priority.**

- Start every practice with defense
- When watching film, watch the defensive clips first
- Utilize the bench or consequences in practice for defensive mistakes
- Chart contested shots. We want to contest 70% of all shots.
- Scouting reports- provide information & create individual challenges
- Start your best defensive player
- Create a “Best defensive team”, you need a stop what 5 will be in the game? Like a “hands team” in football.
- Don’t assume your players understand the game. Being a strong defensive team will allow for offensive freedom.

**Defensive Objectives- as a coach you must define certain concepts.**

- Where do we want the ball?
- Where don’t we want the ball?
- Who do we want taking the shot and where? (scouting report)
- What are we willing to live with?

**Communication- Vital for off ball & weakside defense.**

- A good defensive team can be heard
- Communicate: Early-Loud-Often
- Communication shows your players are engaged, you can be a selfish defender.
- Want your team to talk on defense? Teach them what to say, teach them to have a defensive conversation.

**Defensive Conversation**

- Create triggers, indicators, and terminology to aid your defensive system. Avoid “d-up”, or “get a stop”.
- “Help line”- Line rim to rim, splits the court in half.
- Rope- from the ball to the person you are guarding.
- Sprint to the “help line” and find your “rope



